

Methuen Senior Activity Center

September 2025



Welcome to the Methuen Senior Activity Center, a gathering place for retirees and all seniors to continue their life journeys, to learn new things, make new friends, and stay actively engaged in the community. Membership is not required, so individuals can drop in and participate at their own pace. Activities vary from month to month. Stop by for a newsletter to see the latest schedule or visit our website at www.cityofmethuen.net.

JEWELRY SALE 9AM-3PM

🎵 BIG EVENT: AN AFTERNOON OF MUSIC & JOY!

FEATURING THE HAPPY HEARTS CHORUS

THURSDAY, SEPTEMBER 25, 2025

🕒 1:00 PM

📍 Methuen Senior Activity Center

Get ready for an unforgettable afternoon filled with harmony, heart, and hometown pride! Join us as we welcome our very own Happy Hearts Chorus to the stage for a special performance that will lift your spirits and celebrate the vibrant talent within our community.

Whether you're a longtime fan or hearing them for the first time, the Happy Hearts Chorus promises a delightful mix of classic tunes, joyful melodies, and a whole lot of heart. Bring your friends, wear your dancing shoes, and prepare to sing along!

Light refreshments will be served, and all are welcome!




Golden Connections

 **September Greetings from the Team!** 

As summer winds down and the crisp air of fall begins to settle in, we're thrilled to welcome our seniors back for a season full of exciting events, joyful gatherings, and meaningful connections!

This September and October, we're introducing extended hours from 4–7 PM, giving you even more time to enjoy your favorite activities and explore new ones.

Join us for:

 **Billiards & Ping Pong**

 **Exercise Classes**

 **Blood Pressure Clinics**

 **Methuen Health & Human Services resources**
...and so much more!

And don't forget to mark your calendars for our special event featuring the Happy Hearts Chorus on September 25th—a performance sure to lift your spirits and bring smiles all around.

Let's make this fall unforgettable. We're so glad you're here with us!

*With warmth,
Your Office Support Team*

**Thank you for all you
contributed to the services
and programming in August
which includes:**

Cedarview for Sponsoring the 45's Tournament, Matt York who brought his Classic Country Music Review, Maureen Sharrock, C.O.A. Chair for the monthly Book Club, Regina McCarthy for the monthly Walking Club, Atty Peter McQuillan for the free 15 minute consultations, Gigi and Gravity Men for a fabulous afternoon of music and dancing, State Representative Estela Reyes and City Council President Ron Marsan for a wonderful Ice Cream Social Event, Methuen Police Department for Coffee with a Cop program (Community Response Team) for hosting weekly office hours, Methuen Health and Human Services, Methuen D.P.W., Yvonne Paplaskas for Kindness Rocks, Veterans' Breakfast. Jacquie Marchand for Loss and Transition, Age Span for all their daily work from Meals on Wheels to congregate meals



☀️ **Extended Hours Are Here!** ☀️

Wednesdays in September & October 4:00–7:00 PM
The Methuen Senior Activity Center staff is excited to announce extended hours every Wednesday throughout September and October!

Join us for a relaxed and welcoming evening where you can:

- 🎲 Play cards, billiards, or ping pong
- ☕ Enjoy coffee and conversation with friends
- 🩺 Visit the Blood Pressure Clinic hosted by City Nurse Karen Ferullo
- 🧠 Get assistance from Methuen Health & Human Services with applications for MassHealth, SNAP, Fuel Assistance, RAFT, and more

Exercise Classes will also be offered during extended hours by Brian Coyne and Joanie Lawrence. Each class is just \$2.00.

- 🧘 Balance, Bones & Brains
- September 3 & 17
- October 1, 15 & 29
- 🧘♀️ Yoga & Meditation
- September 10 & 24
- October 8 & 22

Come for the fun, we can't wait to see you!

METHUEN ELDER AFFAIRS

Council on Aging Staff
Susan Riccio, Executive Director
Maribet Torres, Confidential Secretary
Cheryl McQuillan, Outreach
Liz Otto, Office Support
Domenic Alaimo, Custodian

Council on Aging Board
Maureen Sharrock, Chair
Dr. Donald Marcus, DVM, Treasurer
Alfred D'Agata
Christine Metzemaekers
Stephan Alfano
Judith Anselmi
Aura Fluet

Tax-Aide is looking for new team members!

AARP Tax Aide volunteers prepare tax returns for low income to moderate income taxpayers in our community. Our team members volunteer for about 4-8 weekday hours per week from mid-January to mid-April. Some prepare tax returns; some do administrative work; some are computer and network specialist.

Training Provided

Training is provided but computer skills are helpful. Check us out at an information session at the Andover Senior Center.

Tuesday, September 23rd, 10:00-11:30

Come and meet some volunteers. Contact Chris Weigand at weigandcd@gmail.com for more information.

Winners 50/50 club

Congratulations to the August 2025 winners:

Robert Belton \$174.71
James Riley \$104.82
Barbara Borkush \$69.88

Three chances to win each month!
sign up today!

METHUEN SENIOR ACTIVITY CENTER, INC **Corporate Board of Directors**

Board of Directors

Genevieve Marks, President
Regina McCarthy, Vice President
Dan DiBurro, Treasurer
Tom Gradzewicz, Clerk
Susan Riccio, Executive Director
Donald Marcus, Representative
Marilyn Freeman, Representative
Maureen Sharrock, COA Chair

Join the 50/50 club

For more information, or to join the 50/50 visit the office at 77 Lowell St, Methuen (your donation is tax deductible)

Membership (only \$4.00/month)
Must be paid 6 months or 12 months

Donation: \$ _____
6 months = \$24.00 12months = \$48.00

(Make checks payable to: MSC 50/50 Club)

Name _____
Date _____
Address _____

Cut out and mail in your membership today!

Recovery Event

Join Us for a Day of Hope and Healing!
The Merrimack Valley Prevention & Substance Abuse Project (MVPASAP) invites you to a Recovery Event on Saturday, September 13th, from 10:00 AM to 1:00 PM.

Come together with community members to celebrate recovery, share resources, and support one another in a welcoming and uplifting environment.

☀️ **Inspirational Corner** ☀️

"Love what you do and do what you love."

Let this simple yet powerful reminder guide your days. Whether you're enjoying a hobby, helping a friend, or trying something new—passion and purpose make all the difference. Take time this season to embrace what brings you joy!

The GemsTones Are Back!

Get ready to groove to the sounds of the 50s, 60s, and 70s with The GemsTones, returning for another fun-filled afternoon!

Join us on Monday, September 8, 2025, at 1:00 PM at the Methuen Senior Activity Center for music you can listen to or dance along with. Don't miss this nostalgic afternoon of entertainment!

FIREMEN'S DINNER

Firemen's Dinner – October 21st, 4–6 PM

Join us for an evening of great food and even better company at the annual Firemen's Dinner!

BOOK CLUB

Hosted By: Maureen Sharrock

*Council on Aging, Chair
September 3, 2025*

12:00 noon

Whether you're a seasoned reader or just looking to dive into something new, this club is the perfect to connect with fellow book enthusiasts.

Register Today 978-983-8825



*Visit Our Amazing Thrift Shop!
Open Monday–Thursday: 9:00 AM – 3:00 PM*

Friday: 9:00 AM – 12:00 PM

Have you stopped by our Thrift Shop lately?

We've got a wonderful selection of clothing, shoes, household goods, and more—all at unbeatable prices! It's just another great reason to visit the Methuen Senior Center today!

**Fill a bag \$5.00 – 9:00 to 3:00
Sept. 16**



Visiting Office Hours with your Public Officials

*Rep. Estella Reyes – September 12
10:00– 12:00*

*Rep. Ryan Hamilton – September 5 & 19
10:00–12*

*Senator Pavel Payano – September 3,
10am–12pm*

*Mayor , DJ Beauregard – September 3,
11am–12pm*

*Methuen Veterans Director, Paul Jensen
3rd Thursday of the month 10am–12pm.*

*All are welcome to stop in to discuss
issues!*

Join Representative Reyes' Office for Monthly Office Hours

Location: Methuen Senior Center (77 Lowell St,
Methuen, MA 01844)

Time: 10:00 AM – 12:00 PM

When: Every second Friday of the month
Representative Reyes' Legislative Aide, Grace, will
be available to meet with community members
during monthly office hours. Whether you have
questions about legislation, state-wide
initiatives, or local concerns, Grace is here to
listen and assist.

Grace is available to discuss a wide range of
topics, including:

- Concerns about current or proposed state
legislation
- Unemployment assistance
- Housing issues
- Personal advocacy on specific issues affecting
you or your family
- Local and statewide concerns impacting your
quality of life

Whether you want to understand a bill, share
how an issue is affecting you personally, or raise
questions about new policies, Grace is here to
support you. If your issue falls outside her scope,
Grace will work to connect you with the
appropriate resources or agencies. She's here to
ensure your concerns are heard and brought
back to Representative Reyes to advocate on
your behalf at the State House.

No appointment necessary—stop by and say
hello!

2025 veterans upcoming events

Thursday, September 18, 10:00–
12:00 Office Hours, Senior Ctr

Thursday, October 9, 4:00–6:00
Sunset Salute, Golf Course

Thursday, October 16, 9:00–11:00
Veterans' Breakfast, Senior Ctr.

Information Tables

- **September 9th – Cross Culture**
- **September 16th – Behavioral Health 11-1**
- **September 16th – Methuen Rotary Club**
- **September 18th – 10-12 Paul Jensen**

Exciting News: Reintroduction of the "Silver-Haired Legislation" Program!

We are delighted to announce the return of our "Silver-Haired Legislation" program, dedicated to
advocating for the needs and rights of older adults in our community. This program aims to
empower our seniors by ensuring their voices are heard and their concerns addressed.

Program Highlights:

- **Advocacy:** Championing the rights and needs of older adults.
- **Community Engagement:** Encouraging active participation in local legislative processes.
- **Support:** Providing resources and assistance to help navigate legal and social issues.

We invite all seniors to join us in this important initiative. Together, we can make a difference and
create a more inclusive and supportive community for everyone.

Coming Soon: You can make a difference!

Friday September 19, 2025, 10:00 AM

Coffee Session and more information on how you can get involved. Your involvement can make a
significant impact, and we would be honored to have you on board.

If you have any questions or need more information, please feel free to reach out to our staff or call
the Methuen Senior Activity Center at 978-983-8825

Upcoming Trips with Royal Tours

*Trip Talks
Hosted by
Collette Vacations*



Join Collette for a slideshow

When: November 6, 2025

Time: 10:00am

Join Sam Trapani from Collette Vacations for an Informative Presentation detailing our 2025-2026 Extended Trips

AARP Smart Driver Safety Course

On October 16, 2025 AARP will be giving a driver safety course. The fee is \$20 for AARP members and \$25 for non-members. The course will run from 9:30AM to 2:30 PM with a break for lunch. Bring a lunch

Lunch with Director and Office Manager

Join Susan and Maribet for a lunch on Thursday, September 18th, 11:30 am. This is also the birthday luncheon. Sign up by calling the main office! 9778-983-8825

Texas Road House

Fundraiser at Texas Roadhouse!

9/23/2025 from 3 PM-9 PM

Support a great cause by dining at Texas Roadhouse! Be sure to pick up a flyer at the Senior Center and show it to your server when you arrive—it's required for your meal to count toward the fundraiser.

For more details, check out our Facebook page!



*Free Legal Clinic
With Attorney Peter McQuillan*

*We will let you
know when Atty. McQuillan
will resume appointments!
September 17, 2025*

Clothing Drive

Lawrence Ladies Lodge of the Sons of Italy is hosting a clothing drive on September 4th from 10-12 in the parking lot of the Senior Center



Big thanks... To all the volunteers that help to make the Methuen Senior Activity Center the best possible. To all the participants that come and spend time with us, we appreciate you so very much. To all that donate to our Thrift Shop, we can't thank you enough for the donations you bring to us! To all the N.E.E.T. Drivers who take our seniors to and from medical appointments, from the bottom of our hearts, THANK YOU!

Everything that you do for and with us makes a difference! Whether you come to the center to partake in programming or extend a helping hand, everything is appreciated!

EXERCISE AND ACTIVITY SCHEDULE

Cost per class - \$2.00. Participants are asked to arrive and leave classes promptly.
Please bring a change of indoor shoes for class. Before attending any center class or program, all participants are required to complete an annual "Emergency Form" and will be issued a scan card to sign in each visit. Thank you for your cooperation. Classes are complimentary for members over 90 years young.

WEEKLY ACTIVITIES - UPDATED! Note: MOST activities require pre-registration. Call 978-983-8825

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:15 Aeroflex & weight with Pat ~	8:45-9:30 Cardio Aerobics & weights with Val ~	8:30-9:15 Balance, Bones & Brain with Brian ~	8:30-9:15 Gentle Yoga with Pat ~	8:30-9:15 Yoga with Joan ~
9:30-10:15 Gentle Yoga with Pat ~	9:00-11:00 Ceramics ~	9:00-11:00 Quilting ~	9:00-11:00 Blood Pressure Clinic ~	9:00-11:00 Quilting Circle ~
10:00-12:00 Painting ~	9:00-11:00 Blood Pressure Cline ~	9:30-10:15 Balance, Bones & Brain with Brian ~	9:30-10:15 Aeroflex & Weights with Pat ~	9:30-10:15 Yoga with Joan ~
1:00-3:00 Mahjong	9:30-10:15 Line Dancing with Val ~	10:30-11:15 Cardio Drumming ~	1:00-3:00 Bridge Group ~	10:30-11:15 Line Dancing
	12:30-3:00 Ceramics ~	10:00-12:00 Painting ~	1:00-3:00 Happy Hearts Chorus ~	
	12:30-1:15 Tai Chi/Qi Cong ~	2:30-3:45 Adopt A Grandparent ~	1:00 Whist ~	
	1:00 Beginner 45's ~			
	1:00-3:00 Dominoes			

45's TOURNAMENTS



Come play 45's
All are welcome!

**Monday, September 15 &
29 @ 12:30 p.m.**
\$3.00 to play

August 4th Winners:
1st Joe Buck & Paul Coutsonikas

2nd Victor Hidish & Ron Bretton

August 18th Winners:
1st Mae Tetler & Steve Windle
2nd Amy Cardillo & Dottie
Pepe

Bocce

Try Something New—Bocce!
Join us for a fun and friendly
game of Bocce on Tuesday,
September 30th from 10 AM
to 12 PM! Whether you're a
seasoned player or brand
new to the game, all are
welcome to come roll, laugh,
and enjoy the morning
together. No experience
needed—just bring your
enthusiasm!

S.H.I.N.E

Are you retiring soon?
Looking for answers to
questions on Medicare and
your options for Health
Insurance?

Our S.H.I.N.E. Counselor
is available by phone.
Call 978-983-8825

Needed for your
appointment is name,
phone number and email
address.

KINDNESS ROCKS
with Yvonne Paplaskas
September 5 & 19, 2025 at
10:00am

Kev Tech Classes

Monthly Series for Seniors.
Struggling with your phone, iPad, or
other devices? Join our Kev Tech
Classes, designed specifically for
seniors to help you feel more
confident with everyday
technology. This 12-session series
meets once a month, offering
hands-on guidance in a friendly,
supportive environment.
Space is limited—registration is
required, so be sure to sign up
early!
September 15, 2025

KARAOKE

**KARAOKE
TIME**

**THE SECOND LAST
TUESDAY OF
EVERY MONTH AT
1:30**

September 23rd

WITH DON RICCIO

Walking Club with Regina McCarthy

Fall is here, and it's the perfect time to get moving! Join Regina for a refreshing walk along the beautiful Methuen Rail Trail.

**Tuesdays, September 9 & 23
10:30 AM**

**Meet at the Railroad Depot
Weather permitting**

Staying active, enjoy the fresh air, and connect with fellow walkers. No registration needed – just lace up your sneakers and join the club!



Northern Essex Elder Transport, Inc.

VOLUNTEER TO DRIVE

CALL NEET TODAY TO GET STARTED

****978-388-7474****

Get Involved, Make a difference!

Volunteer to drive older adults in your community. You decide when and where to drive.

Mileage reimbursement provided

THE TALK

Everyone is welcome to join The Talk from 10:30 AM to 12:00 PM for lively conversation and thoughtful discussion on current events. It's a great way to connect with others, share ideas, and stay informed in a relaxed and friendly setting. Come be part of the conversation!

PATH Program

The PATH Methuen **Community Response Team** is excited to begin holding office hours at the Methuen Senior Activity Center!

The PATH program is a collaboration between the City of Methuen and Front Line Community Services. PATH provides access to mental health services ranging from Crisis Intervention. Along side Methuen Police Department, our new Community Response team and Rapid Outpatient providing access to short-term therapy. The Community response team will be hosting office hours at the Methuen Senior Activity Center. Hours are for anyone who has questions in regard to mental health, is seeking access to resources, or just want to chat. This is a free resource. Stop by and say hello

For more information call 978-983-8825

Community Response Team

**Hours: Tuesday 12-4 pm &
Wednesdays 12-3**

ICE CREAM SOCIAL

Ice Cream Social –
Tuesday, September 16,
2025

Join us from 1–3 PM at the
Methuen Senior Activity
Center for a sweet
afternoon of fun and
community!

🍦 Enjoy delicious ice
cream and great
company.

☎ Register today by
calling 978-983-8825.

🎉 Plus, stop by the
Methuen Rotary Club table
display to learn more
about their work in our
community!



Olive Garden Lunch

Olive Garden Lunch –
Wednesday, September 17,
2025

Enjoy a delicious lunch served
by Olive Garden from 1:00–2:00
PM at the Methuen Senior
Activity Center!

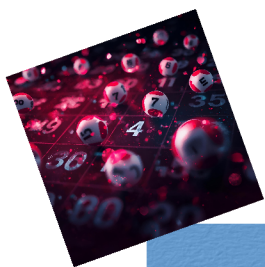
This event is first come, first
served, and each person must
sign up individually.
Space is limited, so be sure to
sign up early to reserve your
spot!

Coffee with Fire Chief David Toto
Join us on Tuesday, September 23, 2025,
from 9–11 AM at the Methuen Senior
Activity Center for Coffee with Fire Chief
Toto.

This is a great opportunity to ask
questions, share concerns, and build
connections with our local fire
department.

Free coffee and refreshments will be
provided. Don't miss this chance to
engage with your community!





BINGO

🎉 Monthly Bingo Fun at the Senior Center!



Join us for three exciting rounds of Bingo this September! Mark your calendars for Monday, September 22. Whether you're a seasoned player or new to the game, come enjoy friendly competition, great company, and fun. All are welcome—bring your lucky charm and let's play!

Sewing Guild



The Sewing Guild meets once a month, starting at 12:00 PM. Our next meeting is on Tuesday, September 9, 2025 at the Methuen Senior Activity Center. Come share your projects, learn new techniques, and connect with fellow sewing enthusiasts!

Monthly Birthday Club

We are excited to celebrate
YOU!

On September 18, 2025 at 11:30
a.m.

Come and celebrate your special day at the Senior Center. Enjoy our daily lunch program and stay for cake! Lunch reservations must be made no later than 11:30 a.m., 2 days in advance by calling 978-983-8832.

Menus available at the senior Center.

The Methuen Council on Aging provides the following services and programs. For more information, call the Center Monday through Thursday from 8 am – 4 pm and Friday from 8 am – 12:30 pm at 978-983-8825 or visit Methuen.gov/seniorcenter then click newsletter, for the latest information

- Exercise Classes and Workout room with treadmills, elliptical, and recumbent bikes
- Daily hot lunch program and meals on wheels
- Transportation for medical appointments
- Senior/Disabled Property tax relief work program
- TRIAD Senior Safety Programs
- Financial and retirement planning workshops
- Thrift Shop
- Educational and Life Enrichment programs
- Happy Hearts Choral Group
- Advocacy workshops information
- Trips: Day and Overnight and Extended Tours
- Support Counseling for Elders for Grief, Depression, Grandparents, etc.
- Income tax assistance
- Intergenerational Programs such as Adopt-a-Grandparent
- -Information and referral services
- Fuel Assistance application help
- food assistance information SNAP
- Free Durable Medical equipment loans - wheelchairs, walkers, canes, etc.
- File of Life emergency medical information refrigerator magnets
- Outreach services
- Blood pressure health clinics every Tuesdays and Thursdays 9:00 to 11:00
- Health proxy forms, Homestead Act application
- Telephone outreach reassurance calls
- recreational activities and events such as: Ice cream socials, lunch and dance events,, and monthly and weekly games including Mahjong, scrabble, card games, 45's tournaments, and so much more!

Visiting office hours with your Public Officials

Senator Pavel Payano – Sept. 3, 10 am – 12 noon

Mayor DJ Beauregard – Sept. 3, 12 noon

Rep. Estella Reyes – Sept. 12, 10-12 noon

Rep. Ryan Hamilton Sept. 5 & 19, 10-12 noon

By Appt. – Veterans Agent Paul Jensen Sept. 25,
10-12pm

IMPORTANT ANNOUNCEMENT

PRE-REGISTRATION IS NOW REQUIRED FOR ALL PROGRAMS

Please pre-register by 1.) calling 978-983-8825
2.) stopping by at the methuen Senior Activity Center, 77 Lowell St., Methuen

September 1 - **CLOSED**
 September 2 9:00-11:30 Ceramics
 September 2 9:00-11:00 Blood Pressure clinic
 September 2 9:00-12:00 open art
 September 2 1:00 Beginners 45's
 September 2 1:00-3:00 Dominoes
 September 3 **Extended hours**
 September 4 10:00 The Talk
 September 5 10:00 Kindness Rocks
 September 8 1:00 Gemstones
 September 8 1:00 - 3:00 Mahjong
 September 9 9:00 - 11:30 Ceramics
 September 9 9:00-11:00 Blood Pressure
 September 9 12:00 Sewing Guild
 September 9 9:00-11:30 Ceramics
 September 9 1:00 Beginners 45's
 September 9 1:00-3:00 Dominoes
 September 10 10:00-12:00 Painting
 September 10 **Extended hours**
 September 11 Blood Pressure Clinic
 September 11 1:00 Whist
 September 12 9:00-11:00 Quilting Circle
 September 13 10:00-1:00 MVSAP
 September 15 10:00 Kev Tech

September 15 10:00-12:00 Painting
 September 15 12:30 45's
 September 16 9:00-11:30 Ceramics
 September 16 9:00-11:00 Blood Pressure
 September 16 1:00-3:00 Ice Cream Social
 September 17 10:00-11:00 Lost in Transition
 September 17 1:00-2:00 Olive Garden Lunch
 September 18 10:00 The Talk
 September 18 12:00 Paul Jensen Vets
 September 18 1:00-3:00 Bridge
 September 18 1:00 whist
 September 18 11:30 - Monthly Birthday Club
 September 19 9:00-11:00 Quilting Circle
 September 19 10:00 Kindness Rocks
 September 22 1:00 Bingo
 September 23 9:00-11:00 Coffee with Fire Chief
 September 23 9:00-11:00 Blood Pressure
 September 24 9:00-11:00 Quilting
 September 24 10:00-12:00 Painting
 September 25 **Happy Hearts Big Show**
 September 25 9:00-11:00 Blood Pressure
 September 26 9:00-11:00 Quilting Circle
 September 29 12:30-3:00 45's
 September 30 10:00 Bocce Ball (lawn)
 September 30 1:00 Beginners 45's
 September 30 1:00-3:00 Dominoes

Monthly Groups:

The following groups meet at the same days and times each month

- Ambassador Coffee Hour held the second Tuesday of the Month at 10am
- Beginners 45s meets every Tuesday at 1pm
- Dialogue with the Director meets the 3rd Friday of the month at 10am
- Happy Hearts meets the 1st and 3rd Friday of the month at 10am
- Lost in transition Bereavement Group meets the 3rd Wednesday at 10am
- Path Program meets every Monday & Wednesday from 12-3pm
- Whist meets every Thursday from 1-3 pm

Methuen Senior Activity Center
 77 Lowell Street, Methuen, MA 01844
 M-TH 8am-4pm, Friday 8am-12:30pm
www.methuen.gov/seniorcenter

Disclaimer: We do our best to ensure accuracy in the newsletter, however, often times there are last minute program changes and/cancellations. For the most up to date information, please call the Senior Center 978-983-8825